

MILWAUKIE

4606 SE Boardman, Milwaukie, OR 503-659-3845

TIME	MON/WED
10:45am	QS1 (3-5 yrs)
11:20am	QS2 (3-5 yrs)
11:55am	QS3 (3-5 yrs)
3:45pm	Welcome to the Water (6 mos-3yrs) QS1(3-5 yrs)
4:20pm	QS2 (3-5 yrs), QS3 (3-5 yrs)
4:55pm	QS1 (6+ yrs), QS2 (6+ yrs)
5:30pm	Level 3 (6+ yrs), Level 4 (6+ yrs)
TIME	TUES/THURS
3:45pm	QS1(3-5 yrs), QS2 (3-5 yrs)
4:20pm	QS3 (3-5 yrs), QS1 (6+ yrs)
4:55pm	QS2 (6+ yrs), Level 3 (6+ yrs)
5:15pm	Intro to Swim Team (5-10 yrs)
6:00pm	Swim Team (8+ yrs) (T/Th/Fri)
TIME	SATURDAY
10:30am	QS1, QS1.5 (3-5 yrs)
11:05am	QS2, QS2.5 (3-5 yrs)
11:40am	QS1, QS2 (6+ yrs)

Swim Lessons

PROGRAM	MEMBER	NON-MBR
Quad Squad 1-4 (QS)	\$59.00	\$69.00
Saturday Quad Squad	\$32.00	\$42.00
Levels 3-5	\$45.00	\$55.00
Welcome To The Water	\$59.00	\$69.00
Adult Lessons	\$45.00	\$55.00
Intro To Swim Team	\$147.50	\$170.00
Int./Adv. Swim Team	\$180.00	\$210.00

Private Lessons are also available for Members/Non-Members of all ages. Contact the Club for pricing and scheduling.

- Weekday sessions consists of eight 30 minute classes. Saturday sessions are 4 30 minute classes.
- **Quad Squad:** Semi-private lessons for beginning and/or preschool age children. Only four students per class.
- **Level 3-5:** Maximum 6 students
- **NO CASH REFUNDS** unless class is cancelled by the Club. Cancellations will receive club credit less a 25% service charge.

East Side ATHLETIC CLUBS

For detailed class descriptions please visit:

www.EastSideAthleticClub.com

Milwaukie Session Dates

Mon./Wed.

March 2-April 1*, **April 6-29**, May 4-27

Tues./Thurs.

March 3-April 2*, **April 7-30**, May 5-28

Saturday

April 4-25, **March 7-28**, May 2-23

*No classes March 23-27

Clackamas Session Dates

Mon./Wed.

March 2-April 1*, **April 6-29**, May 4-27

Tues./Thurs.

March 3-April 2*, **April 7-30**, May 5-28

*No classes March 23-27



CLACKAMAS

9100 SE Sunnyside, Clackamas, OR 503-659-3846

TIME	MON/WED
3:30pm	QS2 (3-5 yrs), QS2 (6+ yrs)
4:00pm	QS1 (3-5 yrs), QS1 (6+ yrs)
4:30pm	QS3 (3-5 yrs), Level 3 (6+ yrs)
5:00pm	QS1 (3-5 yrs), QS2 (6+ yrs)
	Welcome to the Water (6 mos-3yrs)
5:30pm	Swim Team (M/W/F)
6:00pm	Swim Team (M/W/F)
6:30pm	QS3 (3-5 yrs), Level 4 (6+ yrs)
7:00pm	QS2 (3-5 yrs), Level 3 (6+ yrs)
TIME	TUES/THURS
3:30pm	QS1 (3-5 yrs), QS1 (6+ yrs)
4:00pm	QS3 (3-5 yrs), Level 3 (6+ yrs)
4:30pm	QS2 (3-5 yrs), Level 3 (6+ yrs)
5:00pm	QS4 (3-5 yrs), QS2 (6+ yrs)
5:30pm	QS2 (3-5 yrs), Level 4 (6+ yrs)

Swim Team

Swim team is a fun way for your child to learn a life skill. Your child will learn proper mechanics and breathing technique while improving cardiovascular fitness. Swimming is a fitness routine your child can continue well into adulthood. Although swimming is an individual sport, East Side's coaches work to create a team environment where your child will learn good sportsmanship, boost self-esteem and make new friends. To join Swim Team swimmers must be able to swim front crawl with side breathing two lengths of the pool, back stroke two lengths of the pool and have knowledge of breast stroke and butterfly.

To join Intro to Swim Team swimmers must be able to swim one length of the pool using front and back crawl strokes.

Clackamas March 30-June 12 M/W/F
Milwaukie March 31-June 12 T/Th/F

Milwaukie
Location
503-659-3845

East Side ATHLETIC CLUBS

Clackamas
Location
503-659-3846



Spring Break Camp

March 23-27 7:30am-5:30pm

The weather may not be nice enough for the kids to go outdoors, but we will make sure they get plenty of exercise! Kids will play court games, do crafts, swim and more!

Ages 5-11. Camp is limited to 10 kids.

Members Week Camp \$130 Non-Members Week Camp \$170

Milwaukie Location

Karate

Shudokan School of Karate offers traditional Okinawan karate for all skill levels. Classes held Mon/Wed 4-5pm. These classes are open to all beginning and intermediate students.

1 student \$65/month, 10% discount offered for additional family members.

Call Reed Secunda to arrange for a FREE trial, 503-491-3241.

Milwaukie Location



Racquetball

East Side Athletic Club, Milwaukie location offers racquetball programs for children, teens and adults. Junior lessons are offered for kids ages 5-16. We host local High School Racquetball Teams. Adult group or private lessons are offered for beginners, and league play is available for beginning to advanced players.

For more information, email Angie@EastSideAthleticClub.com or call Angie at 503-659-3845.

Tae Kwon Do

Tae Kwon Do for kids ages 6 to 16. Students will learn practical self-defense skills and work towards mind and body coordination. Kids gain confidence, set their own goals and test for belts when they're ready.

Ages 6-9 10:30-11am Saturdays

Members \$23/month Non-Members \$28/month

Ages 10-16 11am-Noon Saturdays

Members \$34/month Non-Members \$40/month

Clackamas Location



Wiggle Worms

9:30-10:00am

April 7-May 12 (Tuesday) April 8-May 13 (Wednesday)

Miss Emily will guide our youngest members and guests through fun exercises and sports related games for a 30 minute class that will encourage healthy habits and a positive attitude toward exercise. Parents, please stay in the building and get your work out in while your child plays. Ages 3-5. Class is limited to 8 kids.

Members \$40 Non-Members \$52

Milwaukie Location